

Don Quixote had a deep sense of the blessing of sleep when he said:

"May blessings rest on him that first invented this same sleep. It covers a man all over, thoughts and all, like a cloak. It is meat for the hungry, drink for the thirsty, heat for the cold, and cold for the hot. It is the current coin that purchases all the pleasures of this world cheap, and the balance that sets the king and the shepherd, the fool and the wise man, even."

Next in order comes the care of the person. No matter how limited the time for dressing, we cannot afford to dispense with a sponge-bath (ten minutes will suffice), and another five minutes devoted to a few simple physical exercises, with half a dozen deep breaths—holding the breath while you count ten—thrown in, will dispel that tired feeling the majority of "grown ups" experience on awakening in the morning, besides invigorating one for the day's work. Hair neatly arranged, and a simple house dress put on with care, give every woman a feeling of self-respect that diffuses itself throughout the household and is a pattern even to the maid-of-all-work, for should the mother of the family appear at the breakfast table in a shabby dressing-gown and (shall we whisper it) curl-papers, the whole house feels more or less demoralized.

(To be continued.)

ECZEMA CAP AND MASK

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A PRACTICAL and simple method of keeping in place a head-dressing is one which has been in use for some time in the babies' wards of the New York Post-Graduate Hospital. It is particularly useful for application over a dressing which must be frequently changed, being much more quickly applied than a bandage, and has also been found to answer well in cases of pediculosis. It is, however, especially adapted to cases of eczema of the face or scalp in children.

It is made of one piece of gauze, full width, and about twenty-four inches in length, one selva-edge being folded over the other about two inches, and is applied so as to envelope the entire head, forward as far as the face, the two ends of the under selva-edge being tied under the chin, while the other two are carried around the neck and fastened behind.

In this way the folds of the gauze, which form the back of the cap, are secured.

In case of eczema of the face a mask of gauze is made, openings being cut for the eyes, nose, and mouth. This mask is firmly held in place by the cap, put on as above.

To successfully manage an eczema case in a child it is necessary to restrain the hands. Formerly a binder, neatly pinned in place, was used; but a satisfactory substitute has been found in the application of carefully padded splints, so arranged that the little patient cannot bend the elbow, all possibility of reaching the face or head being thus avoided. It also has the great advantage of liberating the hands and giving the patient sufficient freedom to handle playthings, etc.

Celluloid sleeves, adjusted with strapping across the back and waist, have also been used with considerable satisfaction, and when these cannot be obtained they can easily be improvised from stiff card-board.

